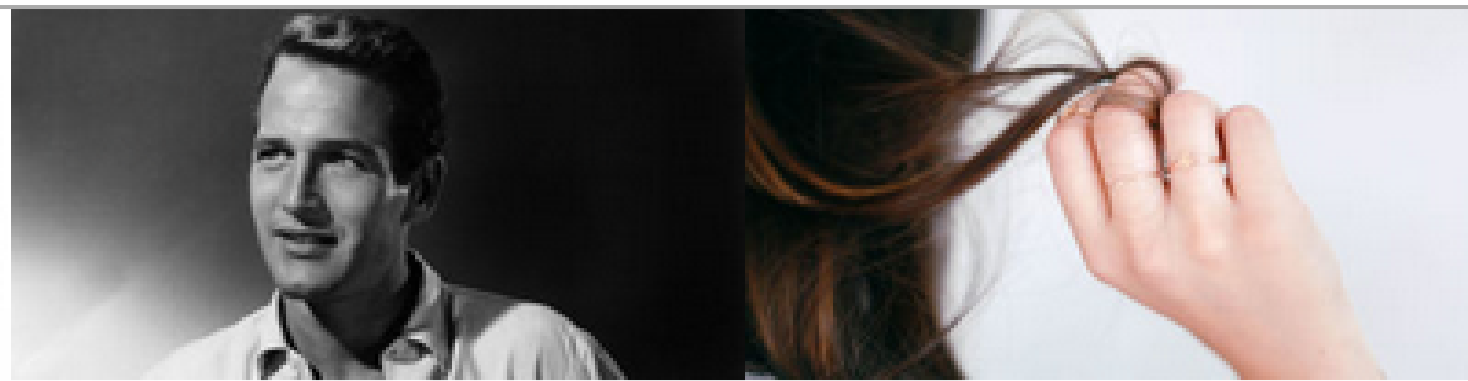
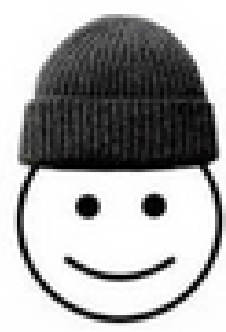


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I Drank Fancy Water for a Week So You Don't Have To

Hawaiian volcanic water, charcoal-infused water, alkaline water, you name it.



Art by Jen Chalet

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GH By Kristina Rodulfo DEC 10, 2015

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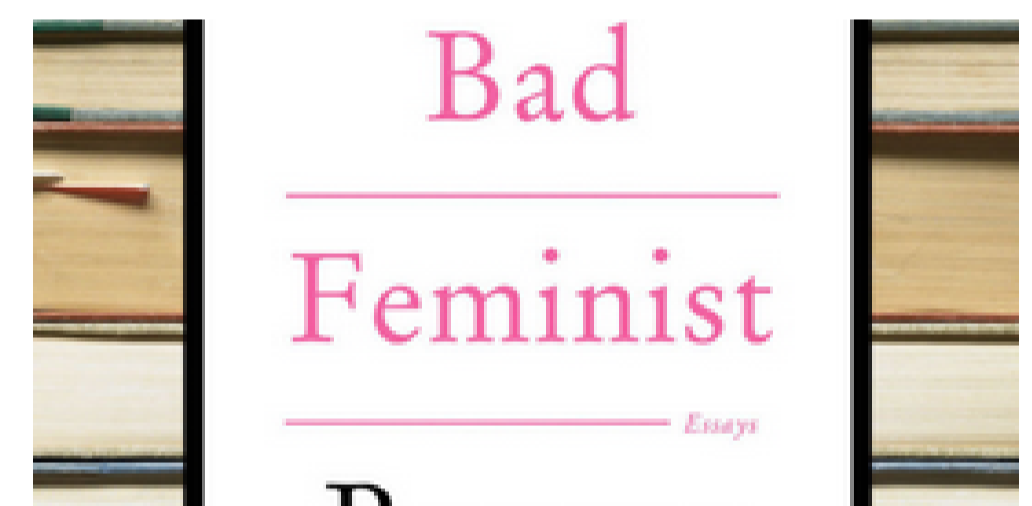
Water is basic in the best way possible: It's simple, it's unfussy, it's the only thing you don't need to weigh the merits of ordering when you go out to dinner with your friends ("The Brussels sprouts? The kale? Neither? Both! Orrrr the beets?!"). It's *water*. But ;considering there is now officially a **café with a water tasting menu** and such a thing as a **water sommelier**, it seems there's a lot more nuance to H₂O these days.

Countless brands touting superior, *special* water have emerged in the beverage market and are growing **rapidly**. Let me be honest: I've always called BS on spending anything but \$0 on water because filtered tap seemed A-OK to me. Still, the more I heard about fancy water – alkaline! Filtered through reverse osmosis! Infused with charcoal! Sourced from Hawaiian volcanoes! – the more I grew curious.

Are they really healthier, as they promise? Does drinking water with a higher pH level really change my body for the better? Do these things even taste good? Therefore, I decided to try a bunch of different brands of bottled water to see whether I should permanently replace my regular cup from the office water cooler with much bougie-r offerings from Essentia, Evamor, Core, Waiakea, 1907, or Dirty Lemon instead.

The Taste Test

Sorry to report I couldn't really taste much difference among the waters. Perhaps I just have inferior taste buds, but each bottle tasted like, well, water – definitely smoother and silkier in texture on the tongue – but nothing groundbreaking. Some standouts: Core (also my coworkers' favorite by far) had a *slightly sweet* taste and 1907, despite sitting in a box for a few weeks, somehow still tasted chilled. ("Magically, miraculously cooling" is a real thing I wrote in my notes. P.S. – this was another popular one among my colleagues.) The only exception was Dirty Lemon Detox, which isn't pure water, but a blend made with lemon juice, charcoal, ginger, and dandelion root. That one had a bit of a grainy consistency and tasted like extremely sour lemonade: refreshing, but it definitely leaves you puckering.



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